

Carrots w/Ranch



Servings:	1.00	Category:	Vegetable
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8446
School:	Central Elementary School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
Carrots CHL Baby WHL 30/1 LB BG- Graves County Schools	1/2 Cup	READY_TO_EAT	15014
Low-Fat Ranch Dip	2 Serving	Mix 48 ounces of sour cream to 1- 3.2 ounce package of Hidden Valley Ranch Dressing Mix. Serve 2 oz. or 1/4 cup portion. CCP: Hold for cold service at 41° F or lower. 2 ounce spoodle	R-16992

Preparation Instructions

Ready to eat.
Clear Container- 792220
Fill the cup w/ 2 oz. of low-fat ranch dip.
CCP: Hold for cold service at 41° F or lower.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.000
GreenVeg	0.000
RedVeg	0.500
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

Amount Per Serving	
Calories	90.00
Fat	4.11g
SaturatedFat	2.02g
Trans Fat*	0.00g
Cholesterol	10.00mg
Sodium	539.19mg
Carbohydrates	13.00g
Fiber	2.50g
Sugar	8.05g
Protein	2.54g
Vitamin A	12122.00IU
Vitamin C	2.20mg
Calcium	107.00mg
Iron	0.76mg

*All reporting of TransFat is for information only, and is not used for evaluation purposes

Nutrition - Per 100g

No 100g Conversion Available